



11. Triathlon Lorsch

Lorsch / 10.08.2014

0000

Roth, Claudia

000: 1:31:45

00: 176

00: 25.50 km

Lorsch Triathlon 0,5-20,0-5,0

0000:

Seniorinnen 2 TW 45)

00000/000: 247 (of 313)

00000/0: 54 (of 82)

000000: 1:06:42

00000: 9(of 15)

0000000: 1:18:33

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000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000	000 00	000 km/h	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	11:58	2.51	8	3:12	40	5:13	0.50	11:58	2.51	16		10	
Wechsel S->R	-	4:00	-	12	1:52	72	2:30	0.50	15:58	1.88	16		10	
Schwimmen 000	0.50	15:58	1.88	16		10		0.50	15:58	1.88	16		10	
ZZ Rad	5.75	9:07	37.84	9	1:04	47	1:47	6.25	25:05	14.95	16	0:05	10	
ZZ Rad	4.25	12:25	20.54	9	1:32	43	2:22	10.50	37:30	16.80	16	0:11	10	
ZZ Rad	4.25	12:19	20.70	6	1:02	38	2:16	14.75	49:49	17.77	16	0:02	10	
Rad Ziel	5.75	10:20	33.39	10	1:29	52	2:22	20.50	1:00:09	20.45	16	0:34	10	
Rad 0	20.00	44:11	27.16	9	5:07	46	8:47	20.50	1:00:09	20.45	16	0:34	10	
Wechsel R->L	-	1:09	-	6	0:19	34	0:34	20.50	1:01:18	20.07	16	0:53	10	
Rad 000	20.00	45:20	26.47	7	5:05	43	9:15	20.50	1:01:18	20.07	16	0:53	10	
ZZ Lauf	2.50	14:38	10.25	12	2:47	63	5:45	23.00	1:15:56	18.17	16	1:46	10	
Lauf Ziel	2.50	15:49	9.48	12	5:09	66	6:34	25.50	1:31:45	16.68	9	13:12	54	25:03
Lauf 000	5.00	30:27	9.85	12	7:29	65	12:19	25.50	1:31:45	16.68	9	13:12	54	25:03